

|| aatmabodha upanishat ||

shreeman naaraayaNaakaaram ashTaakshara mahaashayam |
svamaatraanubhavaat siddham aatmabodham hari bhaje ||

om vaangme manaseeti shaantihi ||

om pratyag aanandam brahma purusham praNava svaroopam akaara ukaara makaara
iti tryaksharam praNavam tadetadomiti | yamuktvaa muchyate yogee janma samsaara
bandhanaat | om namo naaraayaNaaya shankha chakra gadaa dharaaya tasmaat om
namo naaraayaNeti mantropaasako vaikunTha bhavanam gamishyati | atha yadidam
brahmapuram punDareekam tasmaat taDitaabha maatram deepavat prakaasham ||

brahmaNyo devakeepuro brahmaNyo madhusoodanaha |
brahmaNyah punDareekaaksho brahmaNyo vishNurachyutaha ||

sarvabhootah tamekam naaraayaNam kaaraNapurusham kaaraNam param brahmom |
shoka moha vinirmukto vishNum dhyaayanna seedati | dvaitaadvatam abhayam bhavati
| mrutyoh sa mrutyum aapnoti ya iha naaneva pashyati | hrutpadma madhye sarvam
yattat pragyaane pratishThitam | pragyaaanetro lokah pragyaa pratishThaa pragyaaanam
brahma | sa etena pragyenaatmanaa asmaalokaat utkramyamushmin svarge loke
sarvaan kaamaan aaptvaa amrutah samabhavadamrutah samabhavat | yatra
jyotirajasram yasmin loke abhyarhitam | tasminmaam dehi svamaanamrute loke
akshate achyute loke akshate amruttvam cha gacChati om namaha || 1 ||

pragalita nijamaayo~ham nistuladrushiroopavastu maatro~ham |
astamitaahanto~ham pragalita jagadeesha jeevabhedo~ham || 1 ||

pratyagabhinna paro~ham vidhvasta ashesha vidhi nishedho~ham |
samud astaashramito~ham pravitata sukhapoorNa samvidevaaham || 2 ||

saakshyahamanapeksho~ham nijamahimni samsthito~ham achalo~ham |
ajaro~ham avyayoham paksha vipaksha aadi bheda vidhuro~ham || 3 ||

avabodhaika raso~ham mokshaanandaika sindhurevaaham |
sookshmo~ham aksharoham vigalita guNajaala kevalaatmaa~ham || 4 ||

nistraiguNya pado~ham kukshisthaaneka lokakalano~ham |
kooTastha chetano~ham nishkriyadhaamaaham apratarkyo~ham || 5 ||

eko~ham avikalo~ham nirmala nirvaaNamootirevaaham |
niravayo~ham ajo~ham kevala sanmaatra saarabhooto~ham || 6 ||

niravadhi nijabodho~ham shubhatarabhaavo~ham aprabhedhyo~ham |
vibhuraham anavadyo~ham niravadhinihseema tattvamaatro~ham || 7 ||

vedyo~ham agamaastairaraadhyo~ham sakalabhuvanahrudyo~ham |
paramaanandaghano~ham paramaanandaika bhoomaroopo~ham || 8 ||

shuddho~ham advayo~ham santatabhaavo~ham aadishoonyo~ham |
shamitaantatritayo~ham baddho mukto~ham adbhutaatmaaham || 9 ||

shuddho~ham aantaro~ham shaashvata vigyaana samarasaatmaaham |
shodhita paratattvo~ham bodhaanandaika moortireva aham || 10 ||

viveka yukti buddyaaham jaanaamyatmaanam advayam |
tathaapi bandha mokshaadi vyavhaarah prateeyate || 11 ||

nivrutto~pi prapancho me satyavadbhaati sarvadaa |
sarpaadou rajjusatteva brahmasatteva kevalam |
prapanchaadhaara roopeNa vartate~to jaganna hi || 12 ||

yathekshurasa samvyaaaptaa sharkaraa vartate tathaa |
advaya brahmaroopeNa vyaapto~ham vai jagat trayam || 13 ||

brahmaadikeeTa paryantaah praaNino mayi kalpitaaha |
budbudaadi vikaaraantah taranga saagare yathaa || 14 ||

tarangastham dravam sindhurna vaanChati yathaa tathaa |
vishayaananda vaanChaa me maa bhoodaananda roopataha || 15 ||

daaridryaashaa yathaa naasti sampannasya tathaa mama |
brahmaanande nimagnasya vishayaashaa na tadbhavet || 16 ||

visham drushTvaa amrutam drushTvaa visham tyajati buddhimaan |
aatmaanapi drushTavaaham anaatmaanam tyajaamyaham || 17 ||

ghaTaavabhaasako bhaanurghaTanaashe na nashyati |
dehaavabhaasakah saakshee dehanaashe na nashyati || 18 ||

na me bandho na me muktirna me shaastram na me guruhu |
maayaamaatra vikaasatvaan maayaateeto ahamadvayaha || 19 ||

praaNaashchalantu taddharmaaih kaamairvaa hanyataam manaha |
aanandabuddhi poorNasya mama dukkham katham bhavet || 20 ||

aatmaanamanjasaa vedmi kvaapyagyaanam palaayitam |
kartrutvam adya me nashTam kartavyam vaapi na kvachit || 21 ||

braahmaNyam kulagotre cha naama soundarya jaatayaha |
sthooladehagataa ete sthoolaat bhinnasya me nahi || 22 ||

kshutpipaasaandhyabaadhira kaamakrodhadayo akhilaaha |
lingadehagataa ete hyalingasyana santi hi || 23 ||

jaDatva priyamodatva dharmaah kaaraNadehagaaha |
na santi mama nityasya nirvikaara svaroopiNaha || 24 ||

ulookasya yathaa bhaanuh andhakaarah prateeyate |
svaprakaashe paraanande tamo moodHasya jaayate || 25 ||

chakshurdrushTi nirodhe abhraiha sooryo naasteeti manyate |
tathaa~gyaanaavruto dehee brahma naasteeti manyate || 26 ||

yathaamrutam vishaadbhinnam vishadoshairna lipyate |
na sprushaami jaDaadbhinno jaDadoshaan prakaashataha || 27 ||

svalpaapi deepakaNikaa bahulam naashayettamaha |
svalpo~pi bodho nibiDe bahulam naashayettamaha || 28 ||

kaalatraye yathaa sarpo rajjou naasti tathaa mayi |
ahankaaraadi dehaantam jaganaastyaham advayaha || 29 ||

chidroopatvaanna me jaaDyam satyatvaanaanrutam mama |
aanandatvaanna me duhkham agyaanaadbhaati satyavat || 30 ||

aatmaprabodha upanishat idam muhoortam upaasitvaa na sa punaraavartate na sa
punaraavartata ityupanishat ||

om vaangme manaseeti shaantihi ||

iti aatmabodha upanishat sampoorNaa ||